

Growing Healthy Families

RUTLAND DISTRICT OFFICE • Vermont Department of Health, WIC Program
300 Asa Bloomer State Office Building, Rutland, VT 05701 • 1-802-786-5811 or 1-888-253-8802



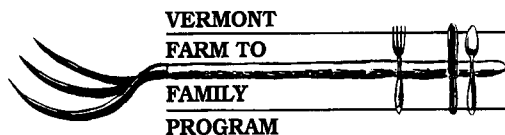
Vermont Farm to Family Program

The Farm to Family Program gives WIC participants coupons for free, locally grown, fresh vegetables and fruits from farmers' markets.

WIC participants over the age of 6 months are eligible for Farm to Family coupons which are available on a first come, first serve basis.

There is a \$60 maximum benefit per family. Mark your calendar now — attend one of the activities listed here to pick up your coupons. Can't make any of these dates? Go to www.WICHealth.org and complete a fun activity involving fruits and vegetables. See the back of this page for directions.

See you this summer!



Come to a Farm to Family Activity and get your coupons!

Join us for a fun family activity, recipes and more!

Drop in anytime during the times listed.

DATE	TIME	PLACE
Tuesday, June 24	3:00–6:00 p.m.	Rutland Farmers' Market Depot Park
Saturday, June 28	9:00 a.m.–2:00 p.m.	Rutland Farmers' Market Depot Park
Tuesday, July 8	3:00–5:00 p.m.	Rutland Farmers' Market Depot Park
Thursday, July 10	11:00 a.m.–2:00 p.m.	Poultney Farmers' Market Main Street
Thursday, July 17	4:30–6:00 p.m.	Castleton Farmers' Market parking lot next to Citizens Bank, Main Street
Friday, July 18	10:00 a.m.–2:00 p.m.	Brandon Farmers' Market Central Park, Route 7
Tuesday, July 22	3:00–5:00 p.m.	Rutland Farmers' Market Depot Park

- Coupons are distributed on a first come, first serve basis.
- Supplies are limited, call ahead for coupon availability.
- For directions to any of the above locations, please call the WIC office.

